

friend. 1623.

A new Almanacke and
Prognostication, with the Ac-
count beyond sea wherein you
may behold the state of this present
yeare, 1623.

*Being the third from the Leap-
yeare.*

Calculated for the Latitude
and Meridian of the honourable
Citie of London.

By GABRIEL FRIEND.

Fælix qui potuit rerum cognoscere causas.

LONDON:
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Old Accompt. ———— Forraigne Accompt.

The Golden number. 9
The Epact. 29
The Roman Indiction 6

23. February. Shrove Sunday	
16. February. Shrove Sunday.	
13. of April. Easter day.	16. of April.
18. of May. Rogation Sunday.	21. of May,
22. of May. Ascension day.	25. of May.
1. of June. Whit Sunday.	A
30. of Decemb. Advent Sunday.	4. June.
	3. of December.

The beginning and ending of the Tearmes, with their returns.

The Ballender both according to the new and old Ac-
count.

All the feſtiuall dayes in the yeare.

The entrance of the Sunne into the 12. signes.

The Agne wherein the moone moueth.

The changes, full, and quarters of the moon.

The break of the day, the Sunne rising and setting.

Husbandly advertisements, the change of the weather upon the quarters of the moon.

Necessary rules for blood-letting, purging, bathing, sweating, with other necessary memorizable notes, not unfit to be regarded.

The

The beginning and ending of the four Termes
with their Returnes.

Hilary Terme beginneth on the 23. of January, and
ends on the 12. of February, and hath 4. returnes.

{ O^{ctab.} Hillar. }
{ Quind. Hillar. }

{ Craft. Purif. }
{ O^{ctab.} Purif. }

Easter Terme beginneth on the 30. of Appill, and
ends on the 26. of May, and hath 5. returnes.

{ Quind. Pasch. }
{ Tres Pasch. }

{ Menſe Pasch. } { Quinque Paſch. }
{ Craft. Aſcen. }

Trinity Terme beginneth on the 13. of June, and
ends on the 2. of July, and hath 4. returnes.

{ Craft. Trin. }
{ O^{ctab.} Trin. }

{ Quind. Trin. }
{ Tres Trin. }

Michaelmas Terme beginneth on the 9. of October,
and endeth the 28. of November, and hath 8. returnes.

{ O^{ctab.} Mich. }
{ Quind. Mich. }
{ Tres Mich. }
{ Menſe Mich. }

{ Craft. Anima. }
{ Craft. Martin. }
{ O^{cta.} Mart. }
{ Quind. Mart. }

Note also, that the Exchequer openeth eight daies be-
fore any Terme beguneth, except Trinity Terme, in
which Terme it openeth but foure daies before:

Upon these daies the Judges sit not at Westmin-
ster, neither upon any Sundaies.

{ Hillarie }
{ Easter }
{ Trinitie }
{ Michaelmas }

Termes on

{ Candlemas }
{ Ascension }
{ Midsummer }
{ All Saints }

day.

The

The Anatomie of mans body, as the parts thereof are governed by the twelve Celestiall Signes. —

Aries head and face.

Taurus
neck &
throat.

Cancer
breast,
stomach
& lungs

Virgo
guts &
& belly.

Scorpio
secrets
& bladder.

Capri-
cornus
knees.



Gemini
arms
& shoulders.

Leo
heart &
backe.

Libra
reins &
loynes.

Sagittarius
the
thigh.

Aqua-
rius the
legges.

Pisces the feet.

January hath xxxij. dayes.

Warne meates this moneth will doe thee good,
 White Wine likewise reuiues thy blood:
 Let sweet drinke passe, if wise thou be,
 Bath, nor bleede, take that of me.

Accōpbe-
 yond Sea.

i	a	New years d.	Taur. 12	11	d
ii	b	St. Steph.	Gemi. 4	12	e
iii	c	St. John.	Gemi. 16	13	f
iiii	d	St. Innoc.	Gemi. 28	14	g
v	e	St. Thom.	Canc. 11	15	a
vi	f	Twelfe day.	Canc. 23	16	b
vii	g	Fellics.	Leo: 6	17	c
viii	a	Luotan priest.	Leo: 19	18	d
ix	b	Judoct.	Virgo. 2	19	e
x	c	John in Aquar.	Virgo. 15	20	f
xi	d	Linus.	Virgo. 29	21	g
xii	e	Archad.	Libra. 13	22	a
xiii	f	Hyllarie bish.	Libra 28	23	b
xiiii	g	Fellics.	Scorp. 12	24	c
xv	a	Maurice abb.	Scor. 27	25	d
xvi	b	Marcell.	Sagit. 11	26	e
xvii	c	Sulph. bish.	Sagit. 25	27	f
xviii	d	Pice virg.	Capri. 10	28	g
xix	e	Wolstan bish.	Capri. 23	29	a
xx	f	Fabian mar.	Aquar. 7	30	b
xxi	g	Agnes. virg.	Aquar. 20	31	c
xxii	a	Lucenti.	Pisces. 3	1	d
xxiii	b	Warm begin.	Pisces. 16	2	e
xxiiii	c	Timothy.	Pisce. 28	3	f
xxv	d	Con. of Paul.	Aries. 11	4	g
xxvi	e	Holycarpe.	Aries. 23	5	a
xxvii	f	Julian.	Taur. 5	6	b
xxviii	g	Agnetis.	Taur. 18	7	c
xxix	a	Valerius.	Gemi. 0	8	d
xxx	b	Basilid Que.	Gemi. 12	9	e
xxxi	c	Saturnus.	Gemi. 24	10	f

● Full moon
 the 6. day, 21.
 min. after 3. a
 clocke after
 none.

● Last quar-
 ter the 13. day,
 9. min. after 7.
 at night.

● New moon
 the 20. day, 19.
 min. after 3. in
 the afternone

● First quar-
 ter the 28. day
 36. min. after
 10. before noon

February hath xxviiij. dayes.

Now agues in thy body breede,
Beware of cold, be choyce of feede,
Let Milke alone, beware of food,
If so thou doe tis for thy good.

Accep-
be-
yoad-
Sca.

i	d	Widget. red	Canc. 7	11	g
ii	e	Doni. of 129.	Canc. 19	12	a
iii	f	Blase. bish.	Leo. 2	13	b
iiii	g	Gilbert. con.	Leo. 15	14	c
v	a	Agathy.	Leo. 28	15	d
vi	b	Medasly.	Virgo. 12	16	e
vii	c	Augusty.	Virgo. 25	17	f
viii	d	Peculile.	Libra. 16	18	g
ix	e	Pol in Pisce.	Libra. 24	19	a
x	f	Scholastice.	Scorp. 8	20	b
xi	g	Euphrase vir.	Scorp. 23	21	c
xii	a	Teatone ends	Sagit. 7	22	d
xiii	b	Wolstan.	Sagit. 22	23	e
xiiii	c	Valentine.	Capric. 6	24	f
xv	d	Faustine.	Capri. 20	25	g
xvi	e	Julian.	Aquar. 3	26	a
xvii	f	Poltearp bish	Aquar. 16	27	b
xviii	g	Simons.	Aqua. 29	28	c
xix	a	Nat. Pr. Henry	Pisce. 12	1	d
xx	b	Willozed.	Pisce. 24	2	e
xxi	c	69. Martyrs.	Aries. 7	3	f
xxii	d	Pet. cha. fast	Aries. 19	4	g
xxiii	e	Shrove tued.	Taur. 1	5	a
xxiiii	f	S. Mathias.	Taur. 13	6	b
xxv	g	Inuen. Paul.	Taur. 25	7	c
xxvi	a	Restoz.	Gemini. 7	8	d
xxvii	b	Augustine	Gem. 19	9	e
xxviii	c	Oswald.	Canc. 2	10	f

Full moon

the 5. day, 47.

min. after 5. in

the morning.

Last quar-

ter the 12. day

12. min. after

1. in the mor-

ning.

New moon

the 19. day, 53

min. after 5. in

the morning.

First quar-

ter the 27. day

35. min. after

6. in the mor-

ning.

March hath xxxj. dayes.

Take physicke now, the time is good,
If health thou want, then let thee blood :
So shalt thou humors driue away,
As earst haue wrought thy owne decay.

Accorde-
yond-Sea.

i	d	David. bish.	Canc. 14		11	b
ii	e	Thadd.	Canc. 27		12	b
iii	f	Maurice.	Leo. 10	● Full moon	13	c
iiii	g	Dojan.	Leo. 23	the 6. day, 44.	14	d
v	a	Focas.	Virgo. 7	min. after 4. at	15	e
vi	b	Victor.	Virgo. 21	night.	16	f
vii	c	Perpetue.	Libra. 5		17	g
viii	d	Felix. mart.	Libra. 19		18	g
ix	e	Appoline.	Scorp. 4	☾ Last quar-	19	a
x	f	Agapite virg.	Scorp. 19	ter the 13. day,	20	b
xi	g	John Arles.	Sagit. 3	28. min. after	21	c
xii	a	Gregory.	Sagit. 18	9. in the moor-	22	d
xiii	b	Theodosius.	Capri. 2	ning.	23	e
xiiii	c	Peter mart.	Capri. 16		24	f
xv	d	Longine.	Aquar. 0		25	g
xvi	e	Hilarie.	Aquar. 13		26	a
xvii	f	Patrick. bish	Aquar. 26	● New moon	27	b
xviii	g	Edward king	Pisces. 9	the 20. day, 42	28	c
xix	a	Joseph.	Pisc. 21	min. after 9.	29	d
xx	b	Cuthbert.	Aries. 3	at night.	30	e
xxi	c	Benedict.	Aries. 15		31	f
xxii	d	Prodic.	Aries. 27		1	g
xxiii	e	Theod. fast	Taur. 9		2	a
xxiiii	f	John rex. Jacobi	Taur. 21		3	b
xxv	g	John m. Mary	Gemin. 3	☾ First quar-	4	c
xxvi	a	Castor mart.	Gem. 15	ter the 25. day	5	d
xxvii	b	Martian.	Gem. 27	10. min. after	6	e
xxviii	c	Dorothe.	Canc. 9	1. in the moor-	7	f
xxix	d	Victor.	Canc. 21	ning.	8	g
xxx	e	Quirine.	Leo. 5		9	a
xxxi	f	Adelme. bish.	Leo. 18		10	b

Aprill hath xxx. dayes.

Sweet Aprill with his often showers,
 Maketh the earth yeeld pleasant flowers:
 Purge well therefore, 'twill doe thee good,
 To ease thy body cleanse thy blood.

Accept be-
 yond Sea.

i	g	Theodozus.	Virgo. 1	11	c
ii	a	Mary Egypt.	Virgo. 15	12	d
iii	b	Richard. bish.	Virgo 29	13	e
iiii	c	Ambrose.	Libra. 14	14	f
v	d	Marctian.	Libra. 28	15	g
vi	e	Sixtus.	Scorp. 13	16	a
vii	f	Euphemia.	Scorp. 28	17	b
viii	g	Egippus.	Sagit. 13	18	c
ix	a	Perpetue.	Sagit. 28	19	d
x	b	700. Virgins.	Capri. 13	20	e
xi	c	Solin Taurus.	Capri. 26	21	f
xii	d	Julius. 1st	Aquar. 10	22	g
xiii	e	Easter day.	Aquar. 23	23	a
xiiii	f	Eibert.	Pisces. 6	24	b
xv	g	Osward.	Pisces. 19	25	c
xvi	a	Aldoze.	Aries. 1	26	d
xvii	b	Olmund.	Aries. 13	27	e
xviii	c	Clutharius.	Aries. 25	28	f
xix	d	Siphage.	Taur. 7	29	g
xx	e	Victor.	Taur. 18	30	a
xxi	f	Simeon.	Gemi. 1	1	b
xxii	g	Nother.	Gemi. 12	2	c
xxiii	a	S. George.	Gemi. 23	3	d
xxiiii	b	Wilfred.	Cancer. 5	4	e
xxv	c	S. Marke.	Cancr. 18	5	f
xxvi	d	Clete.	Leo. 0	6	g
xxvii	e	Anastatus.	Leo. 13	7	a
xxviii	f	Vitalis.	Leo. 26	8	b
xxix	g	Peter.	Virgo. 10	9	c
xxx	a	the rain begin	Virgo. 23	10	d

Full moon,
 and eclipsed
 the 5. day, 28.
 min. after 3. in
 the morning.

Last quar-
 ter the 11. day,
 8. min. after 6.
 at night.

New moon
 the 19. day, 10
 min after 2. in
 the evening.

First quar-
 ter the 27. day
 17. min. after
 4 in the after-
 none.

May hath xxxj. dayes.

Walke now betimes this moneth of May,
 Amongst the Fields pleasant and gay :
 To drinke with Sage I counsell still,
 It will keepe the body from much ill.

Accept be-
 yond Sea

i	b	May day.	Libra. 8	11	c
ii	c	Barthol. 15.	Libra. 22	12	f
iii	d	Hellen.	Scorp. 7	13	g
iiii	e	Christopher.	Scorp. 22	14	h
v	f	Gorhard.	Sagit. 7	15	b
vi	g	John port lat.	Sagit. 22	16	c
vii	a	John Beuer.	Capr. 7	17	d
viii	b	Appar. Mich.	Capr. 21	18	e
ix	c	Mich. transf.	Aquar. 5	19	f
x	d	Gordian.	Aquar. 19	20	g
xi	e	Sol in Gemini.	Pisce. 2	21	h
xii	f	Peter bish.	Pisce. 15	22	b
xiii	g	Serua.	Pisce. 28	23	c
xiiii	a	Bonifacius.	Aries. 10	24	d
xv	b	Adozius.	Aries. 22	25	e
xvi	c	Brendane.	Taur. 4	26	f
xvii	d	Bernard.	Taur. 16	27	g
xviii	e	Wagaton sun	Taur. 17	28	h
xix	f	Dan Jan.	Gem. 9	29	b
xx	g	Barnardine.	Gem. 21	30	c
xxi	a	Hellen Que.	Canc. 3	31	d
xxii	b	Ascension day	Canc. 14	1	e
xxiii	c	Julian. bish.	Canc. 26	2	f
xxiv	d	Desideri.	Leo. 9	3	g
xxv	e	Francis tran	Leo. 22	4	h
xxvi	f	Germane enrg	Virgo. 5	5	b
xxvii	g	German bish	Virgo. 18	6	c
xxviii	a	Coron. mart.	Libra. 2	7	d
xxix	b	Urbane.	Libra. 16	8	e
xxx	c	Petronill.	Scorp. 1	9	f
xxxi	d	Pichom. fast	Scorp. 16	10	g

Full moon
 the 4 day, 36.
 min. after 11.
 at none.

Last quar-
 ter the 11. day
 17. min. after
 6. in the mo-
 ning.

New moon
 the 19. day, 46
 min. after 5. in
 the morning.

First quar-
 ter the 27. day
 nere 5. in the
 morning.

June hath xxx. dayes:

Hot spice is naught, strong wines inflame,
 Swete meates are worle, much sleepe the same:
 What *Venus* sports doe nature wrong,
 Moyst cooling foode reuiues ere long.

Accepbe-
 yond-Sea.

i	☿	Mercurius.	Sagitt. 1			11	a
ii	♄	Marselline.	Sagitt. 16	☾	Full moon	12	b
iii	♁	Jupiter.	Capit. 0		the 2. day. 54.	13	c
iiii	♂	Venus.	Capit. 15		min. after 6. at	14	d
v	♂	Venus.	Aquar. 0		night.	15	e
vi	♂	Venus.	Aquar. 14			16	f
vii	♂	Venus.	Aquar. 27	☾	Last quar-	17	g
viii	☿	Mercurius.	Pisces. 11		ter the 9. day,	18	a
ix	♄	Mars.	Pisces. 24		23. min. after	19	b
x	♁	Jupiter.	Tries. 16		5. at night.	20	c
xi	♂	Venus.	Tries. 19			21	d
xii	♂	Venus.	Taur. 1			22	e
xiii	♂	Venus.	Taur. 13			23	f
xiiii	♂	Venus.	Taur. 25			24	g
xv	☿	Mercurius.	Gem. 7	☾	New moon	25	a
xvi	♄	Mars.	Gem. 18		the 17 day, 37	26	b
xvii	♁	Jupiter.	Cancer. 0		min. after 8. at	27	c
xviii	♂	Venus.	Canc. 12		night.	28	d
xix	♂	Venus.	Canc. 24			29	e
xx	☿	Mercurius.	Leo. 6			30	f
xxi	♄	Mars.	Leo. 18			1	g
xxii	♁	Jupiter.	Virgo. 1	☾	First quar-	2	a
xxiii	♂	Venus.	Virgo. 14		ter the 25. day	3	b
xxiv	♄	Mars.	Virgo. 28		about high-	4	c
xxv	♁	Jupiter.	Libra. 11		none.	5	d
xxvi	♂	Venus.	Libra. 26			6	e
xxvii	☿	Mercurius.	Scor. 10			7	f
xxviii	♄	Mars.	Scor. 25			8	g
xxix	♁	Jupiter.	Sagitt. 10			9	a
xxx	♂	Venus.	Sagitt. 24			10	b

July hath xxxj. dayes.

What please th June, likes July best,
Cold bathes they loue among the rest :
The Grasse that growes, to morrow's Hay,
And Man that's now, as soone is Clay.

Accepthe-
yond Sea.

i	g	Oct. of Job.	Capri. 9		11	c
ii	a	Trans. Tho.	Capri. 24	● Full moon	12	d
iii	b	Hillich.	Squar. 8	the 2. day, 2.	13	e
iiii	c	Foe virgin.	Squar. 22	min. after 2 in	14	f
v	d	St. Petri.	Piscis. 5	the morning.	15	g
vi	e	Trans. Tho.	Pisc. 19		16	a
vii	f	Crimbald.	Aries. 2		17	b
viii	g	Serullis.	Aries. 14		18	c
ix	a		Aries. 27	● Last quar-	19	d
x	b	Benedict.	Taur. 9	ter the 9. day,	20	e
xi	c	Raboz. & Fel.	Taur. 21	21. min. after	21	f
xii	d	John Leo.	Gemini 3	8. in the mor-	22	g
xiii	e	Bonsuent.	Gem. 15	ning.	23	a
xiiii	f	Swithin.	Gem. 27		24	b
xv	g	Stm. Trans.	Cancer 9		25	c
xvi	a	Alexis.	Canc. 21	● New moon	26	d
xvii	b	Arnolph.	Leo. 3	the 17. day, 37.	27	e
xviii	c		Leo. 16	min. after 10	28	f
xix	d	Margaret.	Leo. 28	in the mor-	29	g
xx	e	Praxide.	Virgo. 11	ning.	30	a
xxi	f	Mary Mag.	Virgo. 24		31	b
xxii	g	Spollinus.	Libra. 8	● First quare	1	c
xxiii	a	Christi. (all)	Libra. 22	ter the 24. day	2	d
xxiv	b	James Apol.	Scorp. 6	5. min. after 6	3	e
xxv	c	Anne.	Scorp. 20	at night.	4	f
xxvi	d	7. Slayers.	Sagit. 5		5	g
xxvii	e	Sampton.	Sagit. 19	● Full moon	6	a
xxviii	f	Martha.	Capri. 4	the 31. day,	7	b
xxix	g	Abden.	Capri. 18	neare to high-	8	c
xxx	a	Germany.	Squar. 2	none.	9	d
xxxi	b		Squar. 17		10	e

August hath xxxj. dayes.

Take little sleepe, and medecine none,
The Dog dayes now are comming on:
Goe plucke thy fruits, yet leaue some store,
For gleanings due (God sayes) to poore.

Accept be.
Yond-Sea.

ti	c	Vincula petri	Pisc.	0	11
lii	d	Steph. pape.	Pisc.	13	12
liii	e	Inuent. Ste.	Pisc.	26	13
b	f	Judine.	Aries.	9	14
bi	g	Thomas con.	Aries.	22	15
bii	a	Sixtus pape.	Taur.	4	16
biii	b	Donat. bish.	Taur.	17	17
biv	c	Ciriact.	Taur.	29	18
ix	d	Romane bish.	Gem.	11	19
x	e	Laurence. ms.	Gem.	23	20
xi	f	Cibutio. mar.	Canc.	5	21
xii	g	Clare virg.	Canc.	17	22
xiii	a	Solin Virgo.	Leo.	0	23
xiiii	b	Eusebius.	Leo.	12	24
xb	c	Thump. Mar.	Leo.	25	25
xbi	d	Kochi.	Virgo.	8	26
xbii	e	Odo. Laur.	Virgo.	21	27
xbiii	f	Agapite.	Libra.	4	28
xix	g	Magni. mar.	Libra.	18	29
xx	a	Lewes bish.	Scor.	2	30
xxi	b	Barnard.	Scor.	16	31
xxii	c	Octa. Mary.	Sagit.	1	1
xxiii	d	Timothy. fall	Sagit.	15	2
xxiiii	e	Barthol. Ap.	Capr.	c	3
xxv	f	Ludouicus.	Capr.	14	4
xxvi	g	Severine.	Capr.	24	5
xxvii	a	Russe mart.	Aqua.	12	6
xxviii	b	Dog day end	Aqua.	26	7
xxix	c	John behead.	Pisc.	9	8
xxx	d	Felicitis virg.	Pisc.	22	9
xxxi	e	Eutherr.	Aries.	5	10

☾ Last quar-
ter the 8. day,
15. min. after
1. in the mo-
ning.

☀ New moon
the 15. day, 17
min. after 11.
at night.

☾ First quar-
ter the 22. day,
6. min. after 11.
at night.

☀ Full moon
the 29. day, at
10. at night.

September hath xxx. dayes.

Goats Milke as now hath wholsome beene,
Beware of Fruits, new, ripe, or Greene:
If sicknesse be, take counsell then,
Of such as be right learned men.

i	t	Egedy Abb.	Aries. 17	11	c
ii	g	Anthony.	Taur. 0	12	d
iii	a	Gregory.	Taur. 12	13	e
iiii	b	Cuthbert.	Taur. 24	14	f
v	c	Bertine.	Gem. 6	15	g
vi	d	Eugent.	Gem. 18	16	a
vii	e	Enacemes.	Canc. 1	17	b
viii	f	Pat. of Mary	Canc. 13	18	c
ix	g	Gozon.	Canc. 25	19	d
x	a	Silutus. bish	Leo. 8	20	e
xi	b	Mauritius.	Leo. 20	21	f
xii	c	Mary Illian.	Virgo. 3	22	g
xiii	d	Solin Libra.	Virgo. 17	23	a
xiiii	e	Holy Crosse.	Libra. C	24	b
xv	f	St. Mary.	Libra. 14	25	c
xvi	g	Edub. bish.	Libra. 28	26	d
xvii	a	Emb. merke.	Scor. 12	27	e
xviii	b	Lambert bish	Scor. 27	28	f
xix	c	Januarius.	Sagit. 12	29	g
xx	d	Mauritii. iiii	Sagit. 26	30	a
xxi	e	S. Matthew	Capri. 11	1	b
xxii	f	Cicely bish.	Capri. 25	2	c
xxiii	g	Androche.	Aquar. 9	3	d
xxiiii	a	Stephanus.	Aquar. 23	4	e
xxv	b	Firminus.	Pisc. 6	5	f
xxvi	c	Cyprian.	Pisc. 19	6	g
xxvii	d	Cosm. & Da.	Aries. 1	7	a
xxviii	e	Cruper. fall	Aries. 14	8	b
xxix	f	S. Michael	Aries. 26	9	c
xxx	g	Intermpted	Taur. 8	10	d

● Last quar-
ter the 6. day,
10. min. after
7. in the eue-
ning.

● New moon
the 14. day, 5.
min. after 11.
in the mozne.

● First quar-
ter the 21. day
42. min. after
4. in the moz-
ning.

● Full moon
the 28. day, 27
min. after 11.
at none.

Accorde be-
yoad-Sea.
11
12
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15
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1
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10

October hath xxxi. dayes.

Prepare warme cloathes if thou be wise,
For health vse daily exercise :
Drinke wine that's old, the rest let goe,
October wils thee to doe so.

Accepte
yond Sea.

i	a	Remig. us.	Taur. 20	11	d
ii	b	Leodag. Bish.	Gem. 2	12	e
iii	c	Candid.	Gem. 14	13	f
iiii	d	Francis. con.	Gem. 26	14	g
v	e	Apollini.	Cancer. 8	15	a
vi	f	Fides birg.	Canc. 10	16	b
vii	g	Marc. & Mac	Leo. 3	17	c
viii	a	Delagi mar.	Leo. 15	18	d
ix	b	Terent. begu	Leo. 28	19	e
x	c	Gertonts.	Virg. 12	20	f
xi	d	Nichast.	Virgo. 25	21	g
xii	e	Wilfrid bish.	Libra. 9	22	a
xiii	f	Sol in Scorpio.	Libra. 23	23	b
xiiii	g	Calixt. pap.	Scorp. 7	24	c
xv	a	Alstan bish.	Scor. 22	25	d
xvi	b	Gaili.	Sagit. 7	26	e
xvii	c	Etheldred.	Sagit. 22	27	f
xviii	d	S. Luke.	Capri. 6	28	g
xix	e	Austrohart.	Capri. 21	29	a
xx	f	11000. Virg.	Aquar. 5	30	b
xxi	g	Marp.	Aqua. 19	31	c
xxii	a	Roman bish.	Pisces 3	1	d
xxiii	b	Maglozie.	Pisce. 16	2	e
xxiiii	c	Crispin.	Pisce. 29	3	f
xxv	d	Cuerist. pap.	Aries. 11	4	g
xxvi	e	Florence	Aries. 23	5	a
xxvii	f	Ursula. full	Taur. 5	6	b
xxviii	g	Sim. & Iue.	Taur. 17	7	c
xxix	a	Marcell. bish.	Tau. 29	8	d
xxx	b	German. bish	Gem. 11	9	e
xxxi	c	Quintin. full	Gem. 22	10	f

Last quar-
ter the 6. day,
23. min. after
1. in the after-
none.

New moon
the 13. day,
47. min. after
9. at night.

First quar-
ter the 20. day
26. min. after
12. at none.

Full moon
the 28. day, 52.
min. after 3. in
the morning.

November hath xxx. dayes.

Beware of Rhumes that hurt the head,
 Beware of bathes, let them be fled:
 Let Venus passe, content let serue,
 If thou thy health wilt still preserue.

Accepte be-
 yond Sea.

i	d	All Saints	Canc. 4	11	g
ii	e	All Soules.	Canc. 16	12	a
iii	f	Amantius.	Canc. 28	13	b
iiii	g	Leto excep.	Leo. 11	14	c
v	a	Willelmus.	Leo. 23	15	d
vi	b	Willibode.	Virgo. 6	16	e
vii	c	4. Crowned.	Virgo. 19	17	f
viii	d	Theod. mer.	Libra. 3	18	g
ix	e	Martine pa.	Libra. 17	19	a
x	f	Patene. mar.	Scorp. 1	20	b
xi	g	Solm. de gira.	Scorp. 16	21	c
xii	a	Wylce bish.	Sagit. 1	22	d
xiii	b	Erkenweid.	Sagit. 16	23	e
xiiii	c	Eugen.	Capric. 1	24	f
xv	d	Edmund dep.	Capric. 16	25	g
xvi	e	Eugonius.	Aquar. 1	26	a
xvii	f	Os. Mart.	Aquar. 15	27	b
xviii	g	Elizabeth.	Aquar. 29	28	c
xix	a	Edmund kin.	Pisce. 12	29	d
xx	b	Pres. Warr.	Pisce. 25	30	e
xxi	c	Cicely birg.	Aries. 8	1	f
xxii	d	Clement.	Aries. 21	2	g
xxiii	e	Katherine.	Aries 3	3	a
xxiv	f	Linus.	Taur. 15	4	b
xxv	g	Agricola.	Taur. 26	5	c
xxvi	a		Gem. 8	6	d
xxvii	b		Gem. 20	7	e
xxviii	c		Cancer. 1	8	f
xxix	d	Saturnus.	Canc. 13	9	g
xxx	e		Canc. 25	10	a

☾ Last quar-
 ter the 5. day,
 about 8. in the
 morning.

● New moon
 the 12. day, at
 8 in the morn-
 ing.

☾ First quat-
 ter the 18. day
 33. min. after
 11. at night.

● Full moon
 the 26. day, 22
 min. after 10.
 at night.

December hath xxxj. dayes.

Warmed cloathes, warme fire, prepare you must,
Yet vse thou not excesse in lust:
Good Christmas keepe for the poores sake,
And in thy Christ still comfort take.

					Accipit. b.
	f	Loy.	Leo	7	11
	g	Liban.	Leo	19	12
	a	Osmond bish.	Virgo	2	13
	b	Sabine Abb.	Virgo	15	14
	c	Nicholas. bish.	Virgo	28	15
	d	St. Andrew.	Libra	11	16
	e	Con. of Mar.	Libra	25	17
	f	Cyprian.	Scor.	10	18
	g	Eulafte.	Scor.	24	19
	a	Damasci.	Sagit.	9	20
	b		Sagit.	24	21
	c	Sol in Capric.	Capr.	9	22
	d	Ember weeke	Capr.	24	23
	e	Pitcaffe.	Aquar.	9	24
	f	Valerian. bish.	Aquar.	23	25
	g	D. Sappientis	Pisc.	7	26
	a	Lazarus bish.	Pisc.	21	27
	b	Gracion bish.	Aries	4	28
	c	Gentle.	Aries	17	29
	d	Full. virg. last	Aries	29	30
	e	Thomas Ap.	Taur.	12	31
	f	30. Martyrs.	Taur.	24	1
	g	Victor virg.	Gem.	6	2
	a	Candida. last	Gem.	17	3
	b	Chr. birth day	Gem.	29	4
	c	S. Stephen	Canc.	11	5
	d	S. John Eu.	Canc.	22	6
	e	Innocent.	Leo	4	7
	f	Thom. Ber.	Leo	16	8
	g	Jacob trans.	Leo	28	9
	a	Siluest. bish.	Virgo	11	10

☾ Last quar-
ter the 4. day,
17. min. after
12. at mids-
night.

☉ New moon
the 11. day, 57.
min. after 5. at
night.

☾ First quar-
ter the 18 day
45. min. after
14n the after-
none.

☉ Full moon
the 26. day, 36
min. after 5.
at night.

Accipit. b.
Yond. Sea.

Accipite. 9
Friend, 1623.

A Prognostication, for the
yeare of our LORD GOD,
1623. being the third from
Leape-yeare.

Wherein is larde open the state and
disposition of this present
Yeare.

By GABRIEL FRIEND.

Psalme 14. verse 4.
Dominus superat numerum stella-
rum, atque omnibus eis nomi-
na vocat.



Imprinted at London, for the
Companie of Stationers.

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Friend. 1623.

A Declaration of the Disposition of the

4. Quarters of this present

Yeare 1623.

Winter.

*The Sunne in Capricorne, Aquarius, Pisces.
Instead of Flowers, and Grasse so Greene,
The Earth hath got another hue:
Frost, snow, and durty dales are scene,
Where pleasant plants most fruitfull grew,
Child-hood, cold Rheumes, & Phlegmatick state,
Of Winters cold nature doth best relate.*

Winter, the first Quarter Astronomicall tooke his beginning on the 12. day of December 1622: (for at that time the Sunne entred the first degree of the earthly signe Capricorne) being at his greatest declination South from the Equinoctiall line (for he riseth South-east, and setteth South-west.) This Quarter continueth with vs, till the Sunne hath gotten the latest part of Pisces; causing vnto vs, in this our North latitude the shortest day, and longest night in the yeare.

This Winter season naturally is inclined to cold and moist, and taketh part of the Phlegmatick Complexion, which chiefly ruleth from thre a clocke in the afternoon, vntill thre of the clocke at night.

It is now an vnpleasant time for Travellers, especially for poore Mariners that doe indure many shrewd tempests, and subiect to Ship-wracke. Now the sap leaueth the branches of trees and herbs, and descendeth into the roots: naturall heat is driven into the in-

A Prognostication.

ward parts of mans body, and therefore the rootes of Plants and Herbs are most necessary in Winter for Physicall vles.

Also this Quarter according to the opinion of the learned, the more drier it is, the more wholesome it will be: yet ouermuch cold killeth those Trees, that are planted in a warme Region, especially such as are tender: but a warme and moyst Winter is vniwholsome, and a great enemy to health and Husbandmen, but if snow fall in a reasonable quantity, it will both fatten the field, and preserve and ripen the Corne.

The Pores of the earth are now shut vp by the extreame coldnesse of the ayre, Beasts betake them to their Denues, Serpents to their Caves, fowles to the warmest Regions.

Sickneses most commonly attending this sickly season, are many, proceeding of rawe Phlegmatick and Indigested blood, or superfluity of corrupt, rotten, and putrified humors, Colours, Cramps, Coughs, Stoppings in the breast, windinesse, and ill digestion in the stomacke, Hoarcenesse, Cathars, Rheumes, Agues, Toorhache, and Laskes, Pailles, &c.

*Wherefore for to preuent such griefes,
Vse meates that warme and dry;
Both head and feete see warme you keepe,
Eate much, drinke sparingly.*

Of the Spring.

The Sunne in Aries, Taurus, and Gemini.

The Sunne hauing fully finished the Winter quarter, with the last part of Pisces, taketh his beginning at the Sunnes entring into the first scruple
of

of the equinoctiall signe Aries, making the artifices all day equall with the night, and reneweth the most defectable annall reuolution, namely the Spring, which be ginneth this yeare on the 10. day of March, and continueth till the Sunne hath passed through the three vernall signes Aries, Taurus, Gemini, and endeth on the 13. day of June. This season of his naturall quality is hote and moyst, likewise very temperate and healthfull, yet it bringeth or discovereth many sicknesses, such as were inwardly bred by distemperature at other times. Now the Sunne be ginneth to reioyce the earth with his radiant beames, comforting all creatures: now brasse of the earth doe encrease, and fishes of the water multiply, leauing the deepe, and living in shallow places: the fruitfull earth bringeth forth all manner of fruits, rootes, and herbes seruiceable for the vse of man. Now fresh humors abound much, wherefore it is fit to purge, bathe, sweate, or bleed.

If the Spring be ouer wet, it will cause weedes to grow much in quantity, and will rot the fruites. The griefes and infirmities which are like for to molest the bodies of men, are Coughes and paines in the side, Tertian Agues, Toothache, stomaching and giddnesse in the head, Measels, small Pox, paine in the eyes, paines of Diaphragma, and the Lungs, Scabs, Itches, sundry fluxes, swelling and ache in the ioynts, pusles in the face, & such like.

Most welcome is the fruitfull Spring

To creatures all that multiply:

Both birds and beasts doe skip and sing

In flocking sort abundantly:

In Sanguine men and youthfull yeares,

This season nature best appeares.

A Prognostication.

Of Sommer.

*The Sunne in Cancer, Leo, Virgo.
Bright Sol hauing got his highest grade,
Lookes downe on earth with hot aspect,
Parching the ground and Cornie blade,
Ripening all things with good effect,
Fierce, Choiericke men, and middle Age
Of summers nature doe presage.*

Sommer accounted the third Quarter Astronomicall, beginneth at the Sunnes Ingresse into the first minare of the Signe Cancer, at which time he is in his nearest proximitie to our verticall point, making his greatest declination towards the North from the Equinoctiall, making vnto vs the longest day, and the shortest night in the yeare; and taketh his farewell of vs at the Sunnes entrance into the first point of the signe Libra, which is on the 13 day of September following.

The predominant qualities of this season, according to his peculiar nature, are heat and drynesse, in respect whereof, it is said to resemble fire and choler; for at this time hot cholerick humors doe more abundantly raigne and rage in mans body then in any other Quarter in the yeare.

Naturall heat leaueth the inward, and possesseth the outward parts, and therefore mans stomacke is now slowest of digestion: therefore it is good that you obserue to eate and drinke moderately, lest you surfet and bring your bodies into most dangerous and desperat diseases, (some of which were predominant in the Spring Quarter) and which almost of those diseases which are not now afflicting mans bodies, as hot Apoplexies

Humors and Inflammations, diuers sorts of Agues, and other hot diseases, extreame gripings in the stomacke and belly, pluresies, diuers griefes in the head and brest, with many other acute diseases. The Lord God grant vs patience in those and all other extremities whatsoever.

Autumne, Haruest, or the Fall of the Lease.

The Sunne in Libra, Scorpio, Sagitary.

*For good husbands paine, Haruest yeelds gaine,
Whatsoeuer now on Earth doth grow,
Each Tree, Plant, Shrub, all for mans good,
Shew them their duty God vnto.*

*Crooked old Age, Humor Melancholy,
Will Autumnes nature truly verifie.*

The Haruest Quarter being the fourth and last part of this peare, which the Astronomers beginneth neuer more at the time of the Sunnes departure from the last scruple of the signe Virgo, and spreadeth into the first minute of the second Equinoctiall signe Libra, working the same effect that he did at his going into the signe Aries, that is, making the day and night full of one length.

The season of this unwholsome Quarter according to natures operation, is cold and dry, variable and inconsistent, sometimes temperately cold (as often in the nights) and at other times, as in the day very warme, thereby heating and opening the Pores, so that men are much harmed thereby concerning their health, except they be warie; wherefore this time, of all other times in the peare, as the Learned affirme, is dangerous for

A Prognostication.

sicknesse, and therefore great warinesse ought to be taken as well in order of dyet, as also in cloathing and exercise.

This Quarter continueth untill the Sun hath passed through the three Autumnaill signes at his entrance into the first scruple of Capricorne. It is now a fit time againe to take Physicke, not oacly such as feeble diseases in their bodies to begin and grow, but also such as haue had long and old diseases, but you must take the aduise of the learned, and not of idle Mountebankes, Quacksaluing Anaues, or women Doctors unskilfull, who kill more then they cure.

The face of the earth now loseth her beauty: Plants and Trees. their flowers, leaues, and fruites: fowles their feathers: beasts betake themselves to their denues, Serpents to their Caves: floods are now at the highest, and Springs and Fountaines at lowest.

The diseases most doubtfull of this sickly season, are many and dangerous, and chiefly these: painefull Coughes, obstructions of the Spleene, Dropsies, Coliques, Consumptions, long lingering Agues, Strangury, winde in the stomacke, lamenesse in the limbs, fistulas, Melancholij passions, fluxes of blood, Cankers, Witches, vnaccustomed feaues, Headache, Purse ache, which much causeth the heartache: but God turne all to his owne glory.

The

The beginning, continuance, and ending of the Kings
reignes since the conquest, with the time how long
it is since, to this present yeare 1623.

The Kings names.	Began his reigne.	Reigned veer, mon. da.	Since their reigne.
Will. Conq.	1066. Octob. 14.	20. 11. 4.	536. Sep. 9.
Will. Ruf.	1087. Septem. 9.	12. 11. 17.	522. Aug. 1.
Henrie 1.	1100. August. 1.	35. 4. 11.	488. Dec. 2.
Stephen.	1135. Decemb. 2.	18. 11. 8.	468. oc. 25.
Henrie 2.	1154. Octob. 25.	34. 9. 1.	433. Iuly. 6.
Richard 1.	1189. Iuly 6.	9. 9. 0.	422. Apr. 6.
King Iohn	1199. Aprill. 6.	17. 7. 1.	406. oc. 16.
Henrie 3.	1216. Octob. 19.	56. 1. 0.	350. No. 16.
Edward 1.	1272. Nouc. 16.	34. 8. 6.	315. Iuly. 7.
Edward 2.	1307. Iuly 7.	19. 7. 6.	295. Ia. 25.
Edward 3.	1326. Ianuarie 5.	50. 5. 7.	245. Iu. 21.
Richard 2.	1377. Iune. 1.	22. 3. 4.	212. Sep. 25.
Henrie 4.	1399. Septem. 29.	13. 3. 9.	210. Ma. 20.
Henrie 5.	1412. March. 20.	9. 5. 24.	200. Au. 21.
Henrie 6.	1422. August. 31.	33. 6. 8.	102. Mar. 4.
Edward 4.	1460. March. 4.	12. 5. 1.	100. Ap. 10.
Edward 5.	1483. Aprill. 9.	0. 2. 18.	39. Ia. 23.
Richard 3.	1483. Iune. 22.	2. 2. 5.	137. Au. 22.
Henrie 7.	1485. August. 22.	23. 0. 4.	113. Ap. 22.
Henrie 8.	1509. April. 2.	37. 0. 2.	77. Ian. 28.
Edward 6.	1536. Ianuar. 28.	6. 5. 9.	69. Iuly 6.
Marie.	1552. Iuly. 6.	5. 4. 25.	65. No 17.
Elizabeth	1558. Nouem. 17.	44. 4. 15.	20. Mar. 24.
K. Iames.	1602. March. 24.		

To

A Prognostication.

To finde the yle of this precedent Table, You note first, that euery King began his raigne the same time that the next precedent King ended. Now if you would know how long it is since the beginning of the raigne of any King, looke how long it is since the end of the precedent King, and there you shall finde your desire.

As for example:

If you would know when King Edward the third began his raigne, how long he raigne'd, and also how long it is since he raigne'd: finde out first his name amongst the names of the Kings, and searching the row towards your right hand, you shall finde that he began his raigne in the yeare 1326. the 5. of January, and under the title of the time they raigne'd, is 50. yeares, 5. months, 7. daies: and looking forward in the next Collumne being the last, you shall finde how long it is since his raigne, which is 245 yeares, Iune the 22. and thus you may doe by any of the rest.

Times prohibited for Mariage.

After Advent Sunday.	}	untill	8 dayes after Epiph-
After Septuagesima.			8 dayes after Easter
Three daies before the Ascension.			day. Trinitie Sunday.

Ember Fasting-daies.

The Wednesday, { Quadragesima. } Potest holy
Friday, and Sa- { Whitsunday. } Crosse, or s. Lu-
terday after { Holy Crosse Sep. } cies day fall on
{ 14. Saint Lucies } Wednesday, the
{ day Decemb. 13. } take Wed. after.

The

The Rising and Setting of the Sunne, The
length of the Day and Night, The Quarters
of the Moone : as also, conuenient
notes of Husbandry for euery
Month in the yeare.

January.

The Sunne riseth at 8. and setteth at 4, the day is
8. howres, the night 16. howres.

The 15. day the Sunne riseth a quarter before 8, and
setteth a quarter after 4, the day is 8. howres and a
halfe, the night 15. and a halfe.

The 24. day, the Sunne riseth halfe an howre be-
fore 8, and setteth halfe an howre after 4, the day is 9.
howres, the night 15. howres.

Full Moone the 6. day 22. min. after 3. in the after-
noone, wet, dewy, Winter-like weather.

Last Quarter, the 13. day 9. minutes after 7. at night,
windy weather, with some wet.

New Moone the 10. day 29. min. after 3. in the af-
ternoone, some cold blustering blais.

First Quarter the 28. day 36. min. after 10. in the af-
ternoone, cold frosty weather.

That Timber that you would not haue to chinke or
riue, cut downe now: stub and root your Medowes and
arable ground, and it will not grow againe: Digge your
Gardens, remoue your Bees, vnwry the roots of your
Fruit-bearing Trees, especially those that be aged and
barren: Make ready your Plough. tacklings, fallow your
Land for Wheat and Rye: Riue vp your hie ground
for Oates, that they may be seasoned and mellow.

February.

A Prognostication.

February.

The first day the Sunne riseth a quarter after 7 and setteth a quarter before 7. the day is 10. houres and a halfe, the night is 13. and a halfe.

The 9. day Sunne riseth at 7. and setteth at 5. the day is 10. houres, the night 14. houres.

The 16. day Sunne riseth a quarter before 7. and setteth a quarter after 5. of the clocke.

The 24. day Sunne riseth halfe an houre before 7. and setteth halfe an houre after 5. the day is 11. houres, the night 13. houres.

Full Moone the 5. day 47. minutes after 5. in the morning, faire Sunne shining weather.

Last quarter the 12. day 12. minutes after 2. in the morning, wet and moysture.

New Moone the 19. day 56 minutes after 5. in the morning, winter-like weather.

Full quarter the 27. day 35 minutes after 6 in the morning, windy, with some snow or sleete.

Cut and prune your fruit trees, pull off the Mosses and other noysome out-growings, lay your Quicksets, plant Roses: cut, lop, plash, and twist your hedges at the last quarter of the Moone: graft and set Trees, Slippes, Branches: and bare knots at the full of the Moone at night: Riue vp your layed Land, and sow Beanes, Pease, and Oates in dry ground, in the new of the Moone: but in watry and moyst ground, after the full Moone, or within foure dayes after the same.

March.

The 4. day the Sunne riseth a quarter after 6. and setteth a quarter before 5. the day is 11. houres and a halfe, the night 12. and a halfe.

The

Friend. 1623.

The 11. day Sunne riseth at 6. and setteth at 6.
the day and night is equall.

after 7
houres
The 18 day the Sunne riseth a quarter before 6.
and setteth a quarter after 6. the day is 12. houres
and a halfe, the night 11. and a halfe.

Full Moone the 6. day 41. minutes after 4. at
night, cold and hart frosty weather.

Last quarter the 12. day 28. minutes after 9. in
the morning, cold frosty weather.

New Moone the 20. day 42. minutes after 9. of
the clocke at night, faire Sun shining weather.

First quarter the 29. day 10. minutes after one in
the morning, snowy cold winter like weather, with
some extraordinary cold blustering weather.

Sow Beanes, Pease, Oates in the beginning: Graffe
and plant fruit trees, and especially in the end of
March. Set Gourds and Sage: couer the Rootes of
your trees that were bared in Ianuary, with kindly
earth at the full of the Moone, and first cleaue the
Rootes, and driue in wedges, and bore holes thorow
the Trees, and stop the same againe with Pinnes: all
which be meanes to make them beare the better.

Plough and labour yout Barly land. Carry your
Midden to the field, and chiefly in the last quarter of
the Moone, then it will not dry away.

Aprill.

The 2. day the Sunne riseth a quarter after 5.
and setteth a quarter before 7. the day is 13. houres
and a halfe, the night 10. and a halfe.

The 11. day the Sunne riseth at 5. and setteth
at 7. the day is 14. houres, the night 10. houres.

The 19. day the Sunne riseth a quarter before 5.
and setteth a quarter after 7. the day is 14. houres
and a halfe, the night 9. and a halfe.

The

A Prognostication.

The 27. day the Sunne riseth halfe an houre before 5. and setteth halfe an houre after 7. the day is 15. houres, the night 9. houres.

Full Moone, and Eclipsed the 5. day 28 min. after 3. in the morning, Windy weather, with the fall of some Aprill showres.

Last Quarter the 11. day 8. minutes after 6. at night, weather fitting the season.

New Moone the 19. day 10. minutes after 2. in the afternoone: some fall of Aprill showres.

First Quarter the 27. day 17. minutes after 4. in the afternoone: fayre Sunn. shine weather.

Sowe Barly in strong Land, and in the South of England sowe Hempe and Flaxe, and part of your Garden seedes, as Gourds, Cucumbers, Mellons, and set your Garden hearbes about the end of Aprill.

May.

The 7. day Sunne riseth a quarter after 4. and setteth a quarter before 8. the day is 15. houres 2 a halfe, the night 8. houres and a halfe.

The 18. day it riseth at 4. and setteth at 8. the day is 16. houres, the night 8. houres.

Full Moone the 4. day 36. minutes after 1. in the morning, temperate weather.

Last Quarter the 11. day 7. minutes after 6. in the morning: some fall of moisture.

New Moone the 19. day 46. minutes after 5. of the clocke in the morning: sweete Windy weather.

First Quarter the 27. day neare 5. of the clocke in the morning: temperate coole weather.

Sowe Barly in the beginning, specially in York-shire set Gourds, Cucumbers, and Mellons: sowe Leekes, Onions, Purflaine, Coriander, Smalage, and Basil: then stir your Land, the first stirring for Wheat and Rie.

June.

Friend. 1623.

June.

The 8. day the Sunne riseth a quarter befoze foure, and setteth a quarter after 8, the day is 16. houres and an halfe, the night seven and an halfe.

The 14. day of this moneth the dayes bee at the longest, from which time, vntill the 8. day of the next moneth they shorten halfe an houre.

Full Moone the 2. day, 54. minutes after 6. of the clocke at night, faire sun-shining weather.

Last quarter, the ninth day, 22. minutes after 5. at night, hot weather inclined to moysture.

New Moone the 17. day. 37. minutes after ten in the forenoone, rayne threatned.

First quarter the 25. day about noone, windy weather.

Carry forth your Dung to cherish your Wheat and Rie lands, bring home your fuell, set Leekes at the end of the moneth, and sow tender hearbe seedes, mow downe your low Meddowes lying neere the water sides.

July.

The 8. day the Sunne riseth at 4. of the clocke, and setteth at 8. The day is 16. houres, the night eight.

The 19. day it riseth a quarter after 4. and setteth a quarter befoze 8. the day is 15. houres and an halfe, the night 8. houres and an halfe.

The 28. day it riseth halfe an houre after 4. and setteth halfe an houre after 7. The day is 15. houres, the night 9.

Full Moone the 2. day, 24. minutes after 2. in the morning, fine temperate coole weather.

Last quarter the ninth day, 21. minutes after 8. in the morning, hot soultrey sun-shine weather.

New Moone the 17. day, 37. minutes after 10. in the

A Prognostication.

the morning hore Sommer-like weather.

First quarter the 24. day. 5. minutes after 6. at night, some wet weather threatned.

Full Moone the 31. day neere to high noone, windy and wet weather.

Cut downe your high Meddowes, and much of your other Grounds, the continuance of faire weather is doubtfull: follow the old Prouerbe, *Make Hay while Sonne shineth*: make emplastration for Rootes; lay naked knots in Fruit trees: and about the end, put sickle into part of your hard Corne.

August.

The 6. day the Sunne riseth a quarter before 5. and setteth a quarter after 7. the day is 14. houres and a halfe, the night 9. and a halfe.

The 14. day it riseth at 5. and setteth at 7. the day is 14. houres, the night 10. houres.

The 22. day, Sunne riseth a quarter after 5. and setteth a quarter before 7. the day is 13. houres and a halfe, the night 10. and a halfe.

The 30. day it riseth halfe an houre after 5. and setteth halfe an houre after 6. the day is 13. houres, the night 11. houres.

Last quarter the 8. day, a quarter after 1. in the morning, coole reingerate weather.

New Moone the 15. day, 17. minutes after 11. at night, hore Sunne shining soultry weather.

First quarter the 22. day, 6. minutes after 11. at night, faire Sunne shining weather.

Full Moone the 29. day at 10. at night, some small rayne threatned.

Now is the fittest time to pull & gather your Summerfruits, reape downe your Rye and Wheat, and get it into your Barnes, and about the end of the moneth downe with your Oates, and be stirring for Wheat and Rye.

September.

September.

The Sunne riseth a quarter before 6, and setteth a quarter after 6; the day is 12 houres one halfe, the night 11 and halfe.

The 13 day the Sunne riseth at 6, and setteth at 6; the day and night are of an equall length.

The 22 day it riseth a quarter after 6, and setteth a quarter before 6, the day is 11 houres and a halfe, the night 12 houres and a halfe.

The 29 day it riseth halfe an houre after 6, and setteth halfe an houre before 6, the day is 11 houres, the night 13.

Last quarter, the 6 day, 10 minutes after 7 in the evening windy weather.

New Moone the 14 day, 5 minnts after 11 in the morning, much inclined to windy weather.

First quarter the 21 day, 42 minutes after 4 in the morning, was her sitting the season.

Full Moone the 28 day, 27 minutes after 11 in the morning, faire sun-shining weather.

Reape your barley, gather your Beanes and Pease, and about the midst of this Moneth sow Wheate and Ric in strong land, carry your compasse for Wheate and Ric: for one load now, is worth any other there before this month.

October.

The 7 day the Sunne riseth a quarter of an houre before 7 of clock, & setteth a quarter after 5; the day is 10 houres and halfe, the night 13 and a halfe.

The 14 day it riseth at 7, and setteth at 5; the day is 10 houres, the night 14

The 22 day it riseth a quarter after 7, and setteth a quarter before 5; the day is 9 houres and a halfe, the night 14 one halfe.

The 29 day the Sunne riseth halfe an houre past 7, and setteth halfe an houre before 5; the day is 9 houres, the night 15 houres.

Last
day,

A Prognostication;

Last quarter the 6 day, 23 minutes after one a clock in the after-noon, Windy wet weather.

New moone the 13 day, 47 minutes after 9 a clocke at night, moze windy weather.

First quarter the 20 day, 26 minutes after 12 at noone, Windy cold weather.

Full Moone the 28 day, 52 minutes after 3 in the morning variable inconstanti weather.

Sow Wheate and Rie in the beginning, scowre Ditches and Ponds, set Plum, Pearre, and Apple, and Walnut trees, remoue trees, set Nut-trees, plash hedges and trees.

November.

The 8 day the Sunne riseth a quarter before 8, and setteth a quarter after 4 of the Clocke.

The 12 day it riseth at 8 of the clock, and setteth at 4, the day is 8 houres, the night 16 houres.

Last quarter the 5 day about 8 in the morning, faire bright sun-shining weather.

New moone the 12 day at 8 in the morning, faire and cleare weather.

First quarter the 18 day, 33 minutes after 11 at night, Windy and wet weather like to ensue.

Full Moone the 26 day, 22 minutes after 10 at night, cold, hard, frosty, winterlike weather.

It is good to sow Wheate and Rie in the beginning of the moneth in dry ground: set and remoue Pearre-trees, Plum and Apple-trees, namely, into warme dry ground. Cut owne your Timber-wood in the wane of the Moone, and especially your Ashwood for all your Planged geares: and fallow your land for Barly.

December.

The 8 day the Sunne riseth a quarter after 8, and setteth a quarter before 4; the day is 7 houres and a halfe, the night 16 and a halfe.

The 12 day of this moneth the dayes be at the shortest, from

Friend. 1623.

from which time untill the 4 of January, they lengthen but halfe an houre.

Last quarter the 4 day, 17 minutes after 5 at midnight, cold, hard, frosty weather.

New Moone the 11 day, 57 minutes after 5 at night, faire sun-shining weather, contrary to the season

First quarter the 18 day, 45 minutes after one a clock in faire weather inclining to frost.

Full Moone the 26 day, 36 minutes after 5 at night, cold wet winterlike weather.

Cut downe Timber-wood to build, or for other like purposes. Cut and brush hedges & superfluous branches. Take Birds and Fowle with nets and lime-twigs, and fallow your Land for Barly, Downe with your fat Beeues and Sheepe, to releene and welcome your poore Neighbours.

Certaine speciall notes to bee obserued to
iudge of Diseases to come by the constitution
of the ayre and nature of the winds and weather in
euery of the foure Principall seasons
of the yeare.

If the Winter bee drie and full of North Winds, the Spring rainy and full of South winds in the Summer season will happen sharpe Feauers and Optholomies, with discentery Fluxes, especially to women, and to those men that haue by nature moist bodies: but contrariwise if in the Winter such winds be most rise, and that season be rainy and warme, and the Spring time which succeedeth be drie, and full of North winds, then women which are in child bearing, shall vpon a very light occasion be in danger of untimely deliuerance: or if they goe out their due time, yet their children will bee so weake and sickly, that either they die quickly, or else liue a feeble life: and vnto old folkes wil happen Rheumes, Cathares, & other Fluxes, which will annoy them very much. If the Summer bee

B 2

dry,

A Prognostication.

Dry, & North winds be most ripe, and the **Autumne** succeeding be rainy, and the **South wind** be common in it, then may you looke for grievous paines in the head towards the Winter, with grievous Coughes, Rheumes, Coughes, and hoarseness, and in some, Consumptions.

When the **Warrest** season is past, and full of North winds, then shall men and women which live of a moist complexion be in best estate of health: but contrary, men of other complexion and nature shall be vexed with grievous and diverse diseases, and with Feavers sharp and strong, and other melancholy passions and griefes.

Moreover, **Hippocrates** noteth, that among the divers temperatures of the ayre, droughts be otherwise more healthfull then continuall showers, and few die through them. Also for the continuance of multitude of showers, are caused these divers diseases following; as long lasting Feavers, Lueses, Putrefaction of humors, Epilepsie, Apoplexies, and Squinances, and such like.

And for the through much droughe, and want of sweete and necessary shewers, there doth happen to many, Pleurings and Consumptions, Maladies, with Aches in the Joynts, paines in the Bowels, and hardness of making of water.

Daily and often winds blowing from the North doth make mens bodies hardy and strong, and lively and quick, well coloured, and causeth the hearing to be quick, but they dry the belly. And if the best be often grievous before those winds, they make the paine the greater. Contrariwise the tempests and winds that come from the South doe relaxe and moisten the body, but do much dull the hearing, dispose the head to be dull and heavy, the eyes to dazle, and the whole body to be slow, and not lively; they do over moisten the body, and are the cause of Lueses and Fluxes, Cramps and falling sicknesses, Dientence, and cruell Feavers.

The West wind also speedeth in moist bodies Phlegme corrupt Feavers, Angine, and the like: moreover, it maketh dull, procureth sleepe, and also forceth humors; yet it is

good

gods for all growing things, as Grass, Corne, Herbs,
Trees, and such like.

Ordinary Tokens of faire Weather.

A red Skie in the euening, the rising or setting of the Sun
cleare, being not of waterish brightnesse; the gaping of Ra-
uens against the Sunne, sheweth heate: Mists rising vp in
the euening, the flying of Batts, when there is a Raine bow
after a Raine, the howering of Gnats together in great
quantities, store of Starres appearing bright in the euening,
betokeneth Frosts: the flying of Cranes high, the whooping
of the Owle much in the euening, the wind in the East, the
appearing of a Circle about the Sunne at his rising, the
Sunne not setting in a Cloud, when mists come down from
the Hills descending to the Vallies, the blowing of the
North-wind strong, chafeth away raine: Water-fowle lying
farre off from the water, when all Shrewes haue dined, and
they carry a smooth brow: all these and many other, are
certaine tokens of faire Weather.

*Ordinary tokens of rainy and tempestuous
Weather.*

The sweating of Stones in any celler or vault, the much
quacking of Geese and Fowle, Soote falling from the chim-
ney, when beasts flock together, making more haste home
then ordinary, the squeaking and crying of Swine, foretel-
leth great tempestuous winds to ensue: the Sunne rising fiery
red, foretelleth raine: as also at his rising, if he be thinly over-
cast with a waterish cloude, as also at his setting; if at the ri-
sing of the Sunne his beames seeme red, or long, or incom-
passed with red clouds, great windes ensue: South or South-
west winds shew raine: the creeping of wormes out of the
earth, the sunne setting behind a great black cloud, when
bells are heard further off then wont, the extraordinary bi-

A Prognostication.

ring of Fleas, two Raine-bowes seene together, when a shrew frowneth the crying of Peacocks, Birds extraordinary bathing themselves, Bees not flying farre off their Hives, the Mole casting vp of the earth, the continuall and timely crying of the Crow, when Lute-strings crack, the hollow blustering of wind amongst the leaues of trees, cattle eating greedily, when the sea ouerfloweth the bankes extraordinarily, if in the beginning of Winter small Birds doe flocke together in the fields, if the hornes of the new Moone bee blurr, or if blackishnesse doe appeare in the middle of her, or when she is five dayes old, marke if the tipps of her hornes be blurr, then raine; if sharpe, great winds; all these and many other are assured tokens of rainy and tempestuous weather to ensue.

Short notes to be obserued in Bleeding, Bathing, Purging, and the like.

Let not blood but for iust cause, and then doe it by the counsell of the learned Physitian, and not of any Mountebancks, or Women-doctors.

Generally Blood may be let when the Moone is in Aries, Libra, Sagittarius, or Pisces; particularly for the Chollerick complexion, when the Moone or signe is in Cancer, scorpio, or Pisces.

For the Phlegmatick, when the Moone is in Aries or Sagittarius.

For the melancholy, in Libra or Aquarius.

For the sanguine, all the former Signes indifferent.

Purging.

Good Signes in generall for purging, are Cancer, or Scorpio and Pisces.

Particu-

Particularly, as with potions and drinks when the Moone hath her course in Scorpio.

Purge with eleuaries when she is in Cancer.

Purge with Piles when she is in Pisces.

Take Vomits when the Moone is in Aries, Taurus, and Capricornus.

Take Gargarismes when she is in Cancer.

Take Preparatiues in Gemini, Libra, Aquarius.

Take Blisters when the Moone is in Libra and Scorpio.

Stop Rheumes, fluxes, and Lasks when the Moone is in Taurus, Virgo, and Capricorne.

Enter into Bathes when the Moone is in any of these fierie Signes, Aries, Leo, Sagitarius.

Of the foure naturall Vertues, and how to comfort and strengthen them.

The Vertue Attractive is best comforted, when the Moone is in Aries, Leo, and Sagitarius.

The Vertue Digestiue is best strengthened, when the Moone is in Gemini, Libra, and Aquarius.

The Vertue Retentiue is best holpen when the Moone is in Taurus, Virgo, and Copricornus.

The Vertue Expulsiue is best relieved when the Moone is in Cancer, Scorpio, and Pisces.

A bricfe Computation of time compleate, within
this present Yeere 1623.

	Yeeres.
From the Creation of the World untill this present are contained of yeares	5654
From the Creation untill this generall deluge	1667
From the Creation of the world untill Christ	3973
Since Noahs flood	3998
Since the birsh of Abraham	3945
Since the Israelites departed out of Egypt	3141
Since the destruction of Troy	2807
Since Bruce entred this Island	2730
Since the Temple was built by Salomon	2661
Since Yorke was built	2589
Since the Captiuitie of Babylon	2230
Since the death of Alexander the Great	1946
Since Iulius Caesar was slaine with Bodkins	1672
Since the last destruction of Ierusalem	1540
Since England first receiued the Christian faith	1443
Since Ebrichus the first Monarch of England	821
Since the Conquest of England by Du. William	557
Since the Art of Printing was inuented	161
Since the Conquest of Bulloigne by Henry 8.	78
Since the contagious or great sweate	72
Since the burning of Pauls Steeple	62
Since the Carles rebellion in the North	54
Since the blazing star and sharpe winter	51
Since the whole Heauens seemed to burne with fire, Jo- namb. 15.	49
Since the deepe snow and great floods	44
Since the generall Earthquake, Aprill 6.	43
Since Tilbury Campe	35
Since R. Iames began his Raigne, compleat in March 24 is 20 yeares, but current 21 yeares.	

FINIS.